

# 'No Secrets'



**What is abuse?**

**What to do if you are  
being abused**

## What is abuse?

Abuse is when someone hurts you or treats you badly. There are some different kinds of abuse.

**Physical Abuse** — is when someone hurts you, hits you, kicks you, burns you or pushes you around.



**Sexual Abuse** — is when someone touches your body or your private parts in a way you do not like. Or when they make you touch them or kiss them when you do not want to.



**Emotional abuse** — is when people tease you, say bad things to you, hurt your feelings or threaten you.



**Financial abuse** — is when people take your money or things which belong to you without you saying it is OK.



**Neglect** — is when people who are supposed to help you don't look after you. For example, if they don't give you enough food, help keep you warm and safe, or take you to the doctors if you are ill.



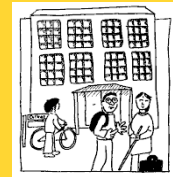
**Discrimination** — is when people treat you badly or unfairly because of your disability, your religion or the colour of your skin.



## Where does abuse happen?

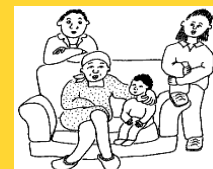
Abuse can happen anywhere. It could happen:

- ◆ in the street
- ◆ at home
- ◆ at a friend's house
- ◆ where you work
- ◆ at a day centre, residential home or college
- ◆ somewhere you spend your free time



Some of the people who abuse can be:

- ◆ a relative, someone in the family
- ◆ a member of staff
- ◆ someone at church
- ◆ someone where you live
- ◆ a neighbour
- ◆ a stranger
- ◆ another person with learning disabilities



## Abuse is always wrong

If you are being abused it is not your fault.  
No-one should do these things to you.



**STOP**

# If you are being abused you should tell someone you trust.



These are some of the people you could tell:

- ◆ someone in your family
- ◆ a friend
- ◆ a member of staff or your key worker
- ◆ a social worker or community nurse
- ◆ an advocate
- ◆ the police



They should take you seriously.

If you tell someone and they do not believe you or try to help you, you can tell someone else.

There is also a useful phone number you can ring:



- ◆ **Social Care Direct**

Your first point of contact for any social care enquiries.

**Phone 01924 303456**

Fax 01924 303455

Min Com 01924 303450

Email [social\\_care\\_direct@wakefield.gov.uk](mailto:social_care_direct@wakefield.gov.uk)

Response Helpline — (This is a helpline. There is someone there to talk to you 0845 6061503 Monday — Friday 1.30 — 5pm, if you are worried about abuse).

**Thanks for the original concept to Hull & East Riding Adult Protection Committee.**